

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100239— Peaches, Sliced, Frozen

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade A frozen sliced peaches. This product is packed in an extra light syrup or puree and is delivered frozen in a 20-pound case.

### CREDITING/YIELD

- One case yields about 55 ½-cup servings of thawed, drained peaches.
- CN Crediting: ½ cup peaches credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Thawed, drained peaches can be added to fruit salads, salad bars, or used as an ingredient in baking.
- Cook peaches and use as a topping for whole grain pancakes, waffles, or yogurt.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (70g) peaches, sliced, sweetened, frozen

#### Amount Per Serving

**Calories 40**

**Total Fat 0g**

Saturated Fat 0g

Trans Fat 0g

**Cholesterol 0mg**

**Sodium 0mg**

**Total Carbohydrate 11g**

Dietary Fiber 1g

Sugars 10g

**Protein 1g**

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.